# Brad Jon Schoenfeld

List of Publications by Year
in descending order



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|---|---|---|---|
| 252 papers | 10,931 citations | 46918 47 h-index | 43802 91 g-index |
| 258 all docs | 258 docs citations | 258 times ranked | 7461 citing authors |

| # | Article | IF | Citations |
|---|---|---|---|
| 1 | Hypertrophic Effects of Single- Versus Multi-Joint Exercise of the Limb Muscles: A Systematic Review and Meta-analysis. Strength and Conditioning Journal, 2023, 45, 49-57. | 0.7 | 3 |
| 2 | Altitude differentially alters the forceâ€velocity relationship after 3 weeks of powerâ€oriented resistance training in elite judokas. European Journal of Sport Science, 2023, 23, 1194-1202. | 1.4 | 0 |
| 3 | Muscle Failure Promotes Greater Muscle Hypertrophy in Low-Load but Not in High-Load Resistance Training. Journal of Strength and Conditioning Research, 2022, 36, 346-351. | 1.0 | 37 |
| 4 | Does HMB Enhance Body Composition in Athletes? A Systematic Review and Meta-analysis. Journal of Strength and Conditioning Research, 2022, 36, 585-592. | 1.0 | 13 |
| 5 | Does Varying Repetition Tempo in a Single-Joint Lower Body Exercise Augment Muscle Size and Strength in Resistance-Trained Men?. Journal of Strength and Conditioning Research, 2022, 36, 2162-2168. | 1.0 | 9 |
| 6 | Partial range of motion training elicits favorable improvements in muscular adaptations when carried out at long muscle lengths. European Journal of Sport Science, 2022, 22, 1250-1260. | 1.4 | 13 |
| 7 | Volume Reduction: Which Dose is Sufficient to Retain Resistance Training Adaptations in Older Women?. International Journal of Sports Medicine, 2022, 43, 68-76. | 0.8 | 6 |
| 8 | Effect of different eccentric tempos on hypertrophy and strength of the lower limbs. Biology of Sport, 2022, 39, 443-449. | 1.7 | 4 |
| 9 | Effects of resistance training performed to repetition failure or non-failure on muscular strength and hypertrophy: A systematic review and meta-analysis. Journal of Sport and Health Science, 2022, 11, 202-211. | 3.3 | 62 |
| 10 | Effects of Different Resistance Training Loads on the Muscle Quality Index in Older Women. Journal of Strength and Conditioning Research, 2022, 36, 1445-1449. | 1.0 | 12 |
| 11 | Improvement of Oxidative Stress in Older Women Is Dependent on Resistance Training Volume: Active Aging Longitudinal Study. Journal of Strength and Conditioning Research, 2022, 36, 1141-1146. | 1.0 | 3 |
| 12 | Changes in Intra-to-Extra-Cellular Water Ratio and Bioelectrical Parameters from Day-Before to Day-Of Competition in Bodybuilders: A Pilot Study. Sports, 2022, 10, 23. | 0.7 | 2 |
| 13 | Partial range of motion and muscle hypertrophy: not all ROMs lead to Rome. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 632-633. | 1.3 | 2 |
| 14 | Does Varying Resistance Exercises Promote Superior Muscle Hypertrophy and Strength Gains? A Systematic Review. Journal of Strength and Conditioning Research, 2022, 36, 1753-1762. | 1.0 | 13 |
| 15 | Is there a relationship between back squat depth, ankle flexibility, and Achilles tendon stiffness?. Sports Biomechanics, 2022, 21, 782-795. | 0.8 | 9 |
| 16 | Comparison of Power Training vs Traditional Strength Training on Physical Function in Older Adults. JAMA Network Open, 2022, 5, e2211623. | 2.8 | 21 |
| 17 | A randomized trial on the efficacy of split-body versus full-body resistance training in non-resistance trained women. BMC Sports Science, Medicine and Rehabilitation, 2022, 14, 87. | 0.7 | 1 |
| 18 | Does the Expectancy on the Static Stretching Effect Interfere With Strength-Endurance Performance?. Journal of Strength and Conditioning Research, 2021, 35, 2439-2443. | 1.0 | 3 |

| # | Article | IF | Citations |
|---|---|---|---|
| 19 | Dietary Strategies of Modern Bodybuilders During Different Phases of the Competitive Cycle. Journal of Strength and Conditioning Research, 2021, 35, 2546-2551. | 1.0 | 17 |
| 20 | Blood Flow Restriction Does Not Attenuate Short-Term Detraining-Induced Muscle Size and Strength Losses After Resistance Training With Blood Flow Restriction. Journal of Strength and Conditioning Research, 2021, 35, 2082-2088. | 1.0 | 3 |
| 21 | Physiological Responses to Agonistâ€“Antagonist Superset Resistance Training. Journal of Science in Sport and Exercise, 2021, 3, 355-363. | 0.4 | 5 |
| 22 | Effects of plyometric vs. resistance training on skeletal muscle hypertrophy: A review. Journal of Sport and Health Science, 2021, 10, 530-536. | 3.3 | 37 |
| 23 | Cherry intake as a dietary strategy in sport and diseases: a review of clinical applicability and mechanisms of action. Critical Reviews in Food Science and Nutrition, 2021, 61, 417-430. | 5.4 | 13 |
| 24 | What influence does resistance exercise order have on muscular strength gains and muscle hypertrophy? A systematic review and metaâ€analysis. European Journal of Sport Science, 2021, 21, 149-157. | 1.4 | 35 |
| 25 | Lowâ€intensity resistance exercise with blood flow restriction and arterial stiffness in humans: A systematic review. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 498-509. | 1.3 | 8 |
| 26 | Human chorionic gonadotropin treatment: a viable option for management of secondary hypogonadism and male infertility. Expert Review of Endocrinology and Metabolism, 2021, 16, 1-8. | 1.2 | 12 |
| 27 | CYP1A2 genotype and acute ergogenic effects of caffeine intake on exercise performance: a systematic review. European Journal of Nutrition, 2021, 60, 1181-1195. | 1.8 | 20 |
| 28 | Split or full-body workout routine: which is best to increase muscle strength and hypertrophy?. Einstein (Sao Paulo, Brazil), 2021, 19, eAO5781. | 0.3 | 0 |
| 29 | International society of sports nutrition position stand: caffeine and exercise performance. Journal of the International Society of Sports Nutrition, 2021, 18, 1. | 1.7 | 222 |
| 30 | The Effect of Whole Egg Intake on Muscle Mass: Are the Yolk and Its Nutrients Important?. International Journal of Sport Nutrition and Exercise Metabolism, 2021, , 1-8. | 1.0 | 6 |
| 31 | Loading Recommendations for Muscle Strength, Hypertrophy, and Local Endurance: A Re-Examination of the Repetition Continuum. Sports, 2021, 9, 32. | 0.7 | 103 |
| 32 | Effects of Power-Oriented Resistance Training During an Altitude Camp on Strength and Technical Performance of Elite Judokas. Frontiers in Physiology, 2021, 12, 606191. | 1.3 | 7 |
| 33 | Can conditions of skeletal muscle loss be improved by combining exercise with anabolicâ€androgenic steroids? A systematic review and meta-analysis of testosterone-based interventions. Reviews in Endocrine and Metabolic Disorders, 2021, 22, 161-178. | 2.6 | 20 |
| 34 | Impact of Low Hemoglobin on Body Composition, Strength, and Redox Status of Older Hemodialysis Patients Following Resistance Training. Frontiers in Physiology, 2021, 12, 619054. | 1.3 | 7 |
| 35 | Hormonal and Inflammatory Responses to Hypertrophy-Oriented Resistance Training at Acute Moderate Altitude. International Journal of Environmental Research and Public Health, 2021, 18, 4233. | 1.2 | 7 |
| 36 | Effect of Resistance Training Intensity on Blood Pressure in Older Women. Journal of Aging and Physical Activity, 2021, 29, 225-232. | 0.5 | 2 |

| # | Article | IF | Citations |
|---|---|---|---|
| 37 | The Impact of Coronavirus (COVID-19) Related Public-Health Measures on Training Behaviours of Individuals Previously Participating in Resistance Training: A Cross-Sectional Survey Study. Sports Medicine, 2021, 51, 1561-1580. | 3.1 | 23 |
| 38 | Effects of a low-carbohydrate ketogenic diet on health parameters in resistance-trained women. European Journal of Applied Physiology, 2021, 121, 2349-2359. | 1.2 | 8 |
| 39 | Isolated Leucine and Branched-Chain Amino Acid Supplementation for Enhancing Muscular Strength and Hypertrophy: A Narrative Review. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 292-301. | 1.0 | 24 |
| 40 | Effects of Two vs. Four Weekly Campus Board Training Sessions on Bouldering Performance and Climbing-Specific Tests in Advanced and Elite Climbers. Journal of Sports Science and Medicine, 2021, 20, 438-447. | 0.7 | 11 |
| 41 | Personalized, Evidence-Informed Training Plans and Exercise Prescriptions for Performance, Fitness and Health. Sports Medicine, 2021, 51, 1805-1813. | 3.1 | 18 |
| 42 | Peak week recommendations for bodybuilders: an evidence based approach. BMC Sports Science, Medicine and Rehabilitation, 2021, 13, 68. | 0.7 | 17 |
| 43 | Effects of a 12-Week Suspension versus Traditional Resistance Training Program on Body Composition, Bioimpedance Vector Patterns, and Handgrip Strength in Older Men: A Randomized Controlled Trial. Nutrients, 2021, 13, 2267. | 1.7 | 14 |
| 44 | No Time to Lift? Designing Time-Efficient Training Programs for Strength and Hypertrophy: A Narrative Review. Sports Medicine, 2021, 51, 2079-2095. | 3.1 | 46 |
| 45 | Carbohydrate refeed does not modify GVT-performance following energy restriction in bodybuilders. Clinical Nutrition ESPEN, 2021, 43, 308-316. | 0.5 | 7 |
| 46 | Rest-pause and drop-set training elicit similar strength and hypertrophy adaptations compared with traditional sets in resistance-trained males. Applied Physiology, Nutrition and Metabolism, 2021, 46, 1417-1424. | 0.9 | 11 |
| 47 | Effects of Time-Restricted Feeding on Supramaximal Exercise Performance and Body Composition: A Randomized and Counterbalanced Crossover Study in Healthy Men. International Journal of Environmental Research and Public Health, 2021, 18, 7227. | 1.2 | 12 |
| 48 | Resistance Training Recommendations to Maximize Muscle Hypertrophy in an Athletic Population: Position Stand of the IUSCA. International Journal of Strength and Conditioning, 2021, 1, . | 0.2 | 34 |
| 49 | Drop-Set Training Elicits Differential Increases in Non-Uniform Hypertrophy of the Quadriceps in Leg Extension Exercise. Sports, 2021, 9, 119. | 0.7 | 9 |
| 50 | Muscle Fiber Type Transitions with Exercise Training: Shifting Perspectives. Sports, 2021, 9, 127. | 0.7 | 59 |
| 51 | International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. Journal of the International Society of Sports Nutrition, 2021, 18, 61. | 1.7 | 38 |
| 52 | Effects of sodium bicarbonate supplementation on exercise performance: an umbrella review. Journal of the International Society of Sports Nutrition, 2021, 18, 71. | 1.7 | 9 |
| 53 | Slow and Steady, or Hard and Fast? A Systematic Review and Meta-Analysis of Studies Comparing Body Composition Changes between Interval Training and Moderate Intensity Continuous Training. Sports, 2021, 9, 155. | 0.7 | 14 |
| 54 | Response to Comment on: â€œNo Time to Lift? Designing Timeâ€Efficient Training Programs for Strength and Hypertrophy: A Narrative Reviewâ€• Sports Medicine, 2021, , 1. | 3.1 | 2 |

| # | Article | IF | Citations |
|---|---|---|---|
| 55 | Effect of exercise order with barbell and machine modalities on upper body volume load and myoelectric activity. Sports Biomechanics, 2020, 19, 778-791. | 0.8 | 1 |
| 56 | Is there sufficient evidence to supplement omega-3 fatty acids to increase muscle mass and strength in young and older adults?. Clinical Nutrition, 2020, 39, 23-32. | 2.3 | 39 |
| 57 | Wake up and smell the coffee: caffeine supplementation and exercise performanceâ€"an umbrella review of 21 published meta-analyses. British Journal of Sports Medicine, 2020, 54, 681-688. | 3.1 | 192 |
| 58 | Potential Implications of Blood Flow Restriction Exercise on Vascular Health: A Brief Review. Sports Medicine, 2020, 50, 73-81. | 3.1 | 25 |
| 59 | Infographic. Wake up and smell the coffee: caffeine supplementation and exercise performance. British Journal of Sports Medicine, 2020, 54, 304-305. | 3.1 | 3 |
| 60 | Dietary vs. pharmacological doses of zinc: A clinical review. Clinical Nutrition, 2020, 39, 1345-1353. | 2.3 | 46 |
| 61 | Altitudeâ€induced effects on muscular metabolic stress and hypertrophyâ€related factors after a resistance training session. European Journal of Sport Science, 2020, 20, 1083-1092. | 1.4 | 7 |
| 62 | Synergist ablation-induced hypertrophy occurs more rapidly in the plantaris than soleus muscle in rats due to different molecular mechanisms. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2020, 318, R360-R368. | 0.9 | 18 |
| 63 | Effects of Different Weekly Sets-Equated Resistance Training Frequencies on Muscular Strength, Muscle Mass, and Body Fat in Older Women. Journal of Strength and Conditioning Research, 2020, 34, 2990-2995. | 1.0 | 11 |
| 64 | Blood Flow Restriction Training and the Physique Athlete: A Practical Research-Based Guide to Maximizing Muscle Size. Strength and Conditioning Journal, 2020, 42, 22-36. | 0.7 | 8 |
| 65 | Can Blood Flow Restriction Used During Aerobic Training Enhance Body Composition in Physique Athletes?. Strength and Conditioning Journal, 2020, 42, 37-47. | 0.7 | 4 |
| 66 | Influence of Resistance Training Exercise Order on Muscle Strength, Hypertrophy, and Anabolic Hormones in Older Women: A Randomized Controlled Trial. Journal of Strength and Conditioning Research, 2020, 34, 3103-3109. | 1.0 | 14 |
| 67 | Effects of Resistance Training on Muscle Size and Strength in Very Elderly Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Sports Medicine, 2020, 50, 1983-1999. | 3.1 | 82 |
| 68 | Effects of Resistance Training with Different Pyramid Systems on Bioimpedance Vector Patterns, Body Composition, and Cellular Health in Older Women: A Randomized Controlled Trial. Sustainability, 2020, 12, 6658. | 1.6 | 15 |
| 69 | Alterations in Body Composition, Resting Metabolic Rate, Muscular Strength, and Eating Behavior in Response to Natural Bodybuilding Competition Preparation: A Case Study. Journal of Strength and Conditioning Research, 2020, 34, 3124-3138. | 1.0 | 32 |
| 70 | Effect of 12 Weeks of Resistance Training on Motor Coordination and Dynamic Balance of Older Woman. Rejuvenation Research, 2020, 24, 191-197. | 0.9 | 2 |
| 71 | Lean, fast and strong: Determinants of functional performance in the elderly. Clinical Biomechanics, 2020, 78, 105073. | 0.5 | 18 |
| 72 | Effects of cluster training on body composition and strength in resistance-trained men. Isokinetics and Exercise Science, 2020, 28, 391-399. | 0.2 | 3 |

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|---|---|---|---|
| 73 | Pre-stretching of the Hamstrings Before Squatting Acutely Increases Biceps Femoris Thickness Without Impairing Exercise Performance. Frontiers in Physiology, 2020, 11, 769. | 1.3 | 1 |
| 74 | ADORA2A C Allele Carriers Exhibit Ergogenic Responses to Caffeine Supplementation. Nutrients, 2020, 12, 741. | 1.7 | 29 |
| 75 | Commentary: Can Blood Flow Restricted Exercise Cause Muscle Damage? Commentary on Blood Flow Restriction Exercise: Considerations of Methodology, Application, and Safety. Frontiers in Physiology, 2020, 11, 243. | 1.3 | 28 |
| 76 | Can Hip Joint Position affect Quadriceps Muscle Responses during Knee Extension Exercise?. International Journal of Sports Medicine, 2020, 41, 929-935. | 0.8 | 3 |
| 77 | The Effects of Caffeine Ingestion on Measures of Rowing Performance: A Systematic Review and Meta-Analysis. Nutrients, 2020, 12, 434. | 1.7 | 16 |
| 78 | Effects of Sodium Bicarbonate Supplementation on Muscular Strength and Endurance: A Systematic Review and Meta-analysis. Sports Medicine, 2020, 50, 1361-1375. | 3.1 | 35 |
| 79 | Magnitude and Composition of the Energy Surplus for Maximizing Muscle Hypertrophy: Implications for Bodybuilding and Physique Athletes. Strength and Conditioning Journal, 2020, 42, 79-86. | 0.7 | 5 |
| 80 | Effects of range of motion on muscle development during resistance training interventions: A systematic review. SAGE Open Medicine, 2020, 8, 205031212090155. | 0.7 | 28 |
| 81 | Comparison of blood lactate and perceived exertion responses in two matched time-under-tension protocols. PLoS ONE, 2020, 15, e0227640. | 1.1 | 11 |
| 82 | Does stretch training induce muscle hypertrophy in humans? A review of the literature. Clinical Physiology and Functional Imaging, 2020, 40, 148-156. | 0.5 | 31 |
| 83 | Selection of Resistance Exercises for Older Individuals: The Forgotten Variable. Sports Medicine, 2020, 50, 1051-1057. | 3.1 | 25 |
| 84 | Do the anatomical and physiological properties of a muscle determine its adaptive response to different loading protocols?. Physiological Reports, 2020, 8, e14427. | 0.7 | 18 |
| 85 | CYP1A2 genotype and acute effects of caffeine on resistance exercise, jumping, and sprinting performance. Journal of the International Society of Sports Nutrition, 2020, 17, 21. | 1.7 | 27 |
| 86 | Effects of a ketogenic diet on body composition and strength in trained women. Journal of the International Society of Sports Nutrition, 2020, 17, 19. | 1.7 | 36 |
| 87 | Creatine Supplementation Does Not Influence the Ratio Between Intracellular Water and Skeletal Muscle Mass in Resistance-Trained Men. International Journal of Sport Nutrition and Exercise Metabolism, 2020, 30, 405-411. | 1.0 | 9 |
| 88 | Testâ€"Retest Reliability of the One-Repetition Maximum (1RM) Strength Assessment: a Systematic Review. Sports Medicine - Open, 2020, 6, 31. | 1.3 | 117 |
| 89 | Varying the Order of Combinations of Single- and Multi-Joint Exercises Differentially Affects Resistance Training Adaptations. Journal of Strength and Conditioning Research, 2020, 34, 1254-1263. | 1.0 | 20 |
| 90 | Perceptual and Neuromuscular Responses Adapt Similarly Between High-Load Resistance Training and Low-Load Resistance Training With Blood Flow Restriction. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, . | 1.0 | 11 |

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|---|---|---|---|
| 91 | Caffeine Ingestion Enhances Repetition Velocity in Resistance Exercise: A Randomized, Crossover, Double-Blind Study Involving Control and Placebo Conditions. Journal of Human Kinetics, 2020, 74, 177-183. | 0.7 | 5 |
| 92 | Resistance Exercise Intensity Does Not Influence Neurotrophic Factors Response in Equated Volume Schemes. Journal of Human Kinetics, 2020, 74, 227-236. | 0.7 | 6 |
| 93 | Reduced Dose of Beta-Alanine Is Sufficient to Maintain Performance in Repeated Sprints. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, . | 1.0 | 1 |
| 94 | Effect of Equal Volume, High-Repetition Resistance Training to Volitional Fatigue, With Different Workout Frequencies, on Muscle Mass and Neuromuscular Performance in Postmenopausal Women. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, . | 1.0 | 1 |
| 95 | Changes in Body Composition and Neuromuscular Performance Through Preparation, 2 Competitions, and a Recovery Period in an Experienced Female Physique Athlete. Journal of Strength and Conditioning Research, 2019, 33, 1823-1839. | 1.0 | 27 |
| 96 | Higher effort, rather than higher load, for resistance exerciseâ€induced activation of muscle fibres. Journal of Physiology, 2019, 597, 4691-4692. | 1.3 | 4 |
| 97 | Differential muscle hypertrophy and edema responses between highâ€load and lowâ€load exercise with blood flow restriction. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 1713-1726. | 1.3 | 15 |
| 98 | Calculating Set-Volume for the Limb Muscles with the Performance of Multi-Joint Exercises: Implications for Resistance Training Prescription. Sports, 2019, 7, 177. | 0.7 | 16 |
| 99 | Mean Propulsive Velocity Is a Viable Method for Adjusting the Resistance-Training Load at Moderate Altitude. Frontiers in Sports and Active Living, 2019, 1, 52. | 0.9 | 3 |
| 100 | Acute Effects of Different Training Loads on Affective Responses in Resistance-trained Men. International Journal of Sports Medicine, 2019, 40, 850-855. | 0.8 | 20 |
| 101 | The effects of time of day-specific resistance training on adaptations in skeletal muscle hypertrophy and muscle strength: A systematic review and meta-analysis. Chronobiology International, 2019, 36, 449-460. | 0.9 | 43 |
| 102 | Potential Role of Pre-Exhaustion Training in Maximizing Muscle Hypertrophy: A Review of the Literature. Strength and Conditioning Journal, 2019, 41, 75-80. | 0.7 | 14 |
| 103 | Comparison of changes in lean body mass with a strength- versus muscle endurance-based resistance training program. European Journal of Applied Physiology, 2019, 119, 933-940. | 1.2 | 8 |
| 104 | Mind-muscle connection: effects of verbal instructions on muscle activity during bench press exercise. European Journal of Translational Myology, 2019, 29, 8250. | 0.8 | 10 |
| 105 | Infographic. The effect of protein supplementation on resistance training-induced gains in muscle mass and strength. British Journal of Sports Medicine, 2019, 53, 1552-1552. | 3.1 | 3 |
| 106 | Vinegar (acetic acid) intake on glucose metabolism: A narrative review. Clinical Nutrition ESPEN, 2019, 32, 1-7. | 0.5 | 41 |
| 107 | Multivariate linear regression analysis to evaluate multiple-set performance in active and inactive individuals. Motriz Revista De Educacao Fisica, 2019, 25, . | 0.3 | 0 |
| 108 | Should Competitive Bodybuilders Ingest More Protein than Current Evidence-Based Recommendations?. Sports Medicine, 2019, 49, 1481-1485. | 3.1 | 6 |

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|---|---|---|---|
| 109 | Effects of high-velocity resistance training and creatine supplementation in untrained healthy aging males. Applied Physiology, Nutrition and Metabolism, 2019, 44, 1246-1253. | 0.9 | 12 |
| 110 | A Critical Evaluation of the Biological Construct Skeletal Muscle Hypertrophy: Size Matters but So Does the Measurement. Frontiers in Physiology, 2019, 10, 247. | 1.3 | 107 |
| 111 | Response. Medicine and Science in Sports and Exercise, 2019, 51, 1972-1972. | 0.2 | 0 |
| 112 | The effects of exercise variation in muscle thickness, maximal strength and motivation in resistance trained men. PLoS ONE, 2019, 14, e0226989. | 1.1 | 19 |
| 113 | Does Training to Failure Maximize Muscle Hypertrophy?. Strength and Conditioning Journal, 2019, 41, 108-113. | 0.7 | 24 |
| 114 | Resistance Training Volume Enhances Muscle Hypertrophy but Not Strength in Trained Men. Medicine and Science in Sports and Exercise, 2019, 51, 94-103. | 0.2 | 173 |
| 115 | Resistance training frequency and skeletal muscle hypertrophy: A review of available evidence. Journal of Science and Medicine in Sport, 2019, 22, 361-370. | 0.6 | 27 |
| 116 | High Resistance-Training Frequency Enhances Muscle Thickness in Resistance-Trained Men. Journal of Strength and Conditioning Research, 2019, 33, S140-S151. | 1.0 | 20 |
| 117 | How many times per week should a muscle be trained to maximize muscle hypertrophy? A systematic review and meta-analysis of studies examining the effects of resistance training frequency. Journal of Sports Sciences, 2019, 37, 1286-1295. | 1.0 | 79 |
| 118 | Resistance Training Frequencies of 3 and 6 Times Per Week Produce Similar Muscular Adaptations in Resistance-Trained Men. Journal of Strength and Conditioning Research, 2019, 33, S122-S129. | 1.0 | 25 |
| 119 | High doses of sodium bicarbonate increase lactate levels and delay exhaustion in a cycling performance test. Nutrition, 2019, 60, 94-99. | 1.1 | 13 |
| 120 | Stimuli and sensors that initiate skeletal muscle hypertrophy following resistance exercise. Journal of Applied Physiology, 2019, 126, 30-43. | 1.2 | 180 |
| 121 | Does Aerobic Training Promote the Same Skeletal Muscle Hypertrophy as Resistance Training? A Systematic Review and Meta-Analysis. Sports Medicine, 2019, 49, 233-254. | 3.1 | 46 |
| 122 | Improvements in Phase Angle Are Related With Muscle Quality Index After Resistance Training in Older Women. Journal of Aging and Physical Activity, 2019, 27, 515-520. | 0.5 | 43 |
| 123 | The Influence of Caffeine Supplementation on Resistance Exercise: A Review. Sports Medicine, 2019, 49, 17-30. | 3.1 | 110 |
| 124 | Anabolic-androgenic steroids: procurement and administration practices of doping athletes. Physician and Sportsmedicine, 2019, 47, 10-14. | 1.0 | 24 |
| 125 | Oxidative stress, inflammation, psychological status, and severity of respiratory infections are negatively affected during the pre-contest period in amateur bodybuilders. Applied Physiology, Nutrition and Metabolism, 2019, 44, 468-476. | 0.9 | 12 |
| 126 | Effects of order of resistance training exercises on muscle hypertrophy in young adult men. Applied Physiology, Nutrition and Metabolism, 2019, 44, 420-424. | 0.9 | 7 |

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|---|---|---|---|
| 127 | Effect of Resistance Training Frequency on Neuromuscular Performance and Muscle Morphology After 8 Weeks in Trained Men. Journal of Strength and Conditioning Research, 2019, 33, 2104-2116. | 1.0 | 36 |
| 128 | Biomechanical, Anthropometric, and Psychological Determinants of Barbell Back Squat Strength. Journal of Strength and Conditioning Research, 2019, 33, S26-S35. | 1.0 | 16 |
| 129 | To Flex or Rest: Does Adding No-Load Isometric Actions to the Inter-Set Rest Period in Resistance Training Enhance Muscular Adaptations? A Randomized-Controlled Trial. Frontiers in Physiology, 2019, 10, 1571. | 1.3 | 15 |
| 130 | Effects of Different Dietary Energy Intake Following Resistance Training on Muscle Mass and Body Fat in Bodybuilders: A Pilot Study. Journal of Human Kinetics, 2019, 70, 125-134. | 0.7 | 5 |
| 131 | Caffeine Supplementation for Powerlifting Competitions: an Evidence-Based Approach. Journal of Human Kinetics, 2019, 68, 37-48. | 0.7 | 15 |
| 132 | Similar Muscular Adaptations in Resistance Training Performed Two Versus Three Days Per Week. Journal of Human Kinetics, 2019, 68, 135-143. | 0.7 | 12 |
| 133 | Naproxenâ€™s Effect on Performance Within Neuromuscular Parameters. Asian Journal of Sports Medicine, 2019, 10, . | 0.1 | 0 |
| 134 | Effect of Resistance Training Frequency on Gains in Muscular Strength: A Systematic Review and Meta-Analysis. Sports Medicine, 2018, 48, 1207-1220. | 3.1 | 184 |
| 135 | Inducing hypertrophic effects of type I skeletal muscle fibers: A hypothetical role of time under load in resistance training aimed at muscular hypertrophy. Medical Hypotheses, 2018, 112, 40-42. | 0.8 | 23 |
| 136 | Effects of High Versus Low Protein Intake on Body Composition and Maximal Strength in Aspiring Female Physique Athletes Engaging in an 8-Week Resistance Training Program. International Journal of Sport Nutrition and Exercise Metabolism, 2018, 28, 580-585. | 1.0 | 27 |
| 137 | Physical Activity and Sitting Time Are Specifically Associated With Multiple Chronic Diseases and Medicine Intake in Brazilian Older Adults. Journal of Aging and Physical Activity, 2018, 26, 608-613. | 0.5 | 8 |
| 138 | Evidence-Based Guidelines for Resistance Training Volume to Maximize Muscle Hypertrophy. Strength and Conditioning Journal, 2018, 40, 107-112. | 0.7 | 46 |
| 139 | Effects of Whey Protein Supplementation Associated With Resistance Training on Muscular Strength, Hypertrophy, and Muscle Quality in Preconditioned Older Women. International Journal of Sport Nutrition and Exercise Metabolism, 2018, 28, 528-535. | 1.0 | 32 |
| 140 | Can Drop Set Training Enhance Muscle Growth?. Strength and Conditioning Journal, 2018, 40, 95-98. | 0.7 | 12 |
| 141 | Effects of different intensities of resistance training with equated volume load on muscle strength and hypertrophy. European Journal of Sport Science, 2018, 18, 772-780. | 1.4 | 99 |
| 142 | Differential effects of attentional focus strategies during longâ€term resistance training. European Journal of Sport Science, 2018, 18, 705-712. | 1.4 | 26 |
| 143 | The Effects of Muscle Strength Responsiveness to Periodized Resistance Training on Resistin, Leptin, and Cytokine in Elderly Postmenopausal Women. Journal of Strength and Conditioning Research, 2018, 32, 113-120. | 1.0 | 22 |
| 144 | A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. British Journal of Sports Medicine, 2018, 52, 376-384. | 3.1 | 645 |

| # | Article | IF | Citations |
|---|---|---|---|
| 145 | Resistance Training Combined With Diet Decreases Body Fat While Preserving Lean Mass Independent of Resting Metabolic Rate: A Randomized Trial. International Journal of Sport Nutrition and Exercise Metabolism, 2018, 28, 46-54. | 1.0 | 28 |
| 146 | Metabolic and hormonal responses to different resistance training systems in elderly men. Aging Male, 2018, 21, 106-110. | 0.9 | 12 |
| 147 | Effects of Rest Interval Duration in Resistance Training on Measures of Muscular Strength: A Systematic Review. Sports Medicine, 2018, 48, 137-151. | 3.1 | 74 |
| 148 | Comment on: â€œComparison of Periodized and Non-Periodized Resistance Training on Maximal Strength: A Meta-Analysisâ€. Sports Medicine, 2018, 48, 491-494. | 3.1 | 21 |
| 149 | The role of hormones in muscle hypertrophy. Physician and Sportsmedicine, 2018, 46, 129-134. | 1.0 | 71 |
| 150 | Effects of Single Set Resistance Training With Different Frequencies on a Cellular Health Indicator in Older Women. Journal of Aging and Physical Activity, 2018, 26, 537-543. | 0.5 | 21 |
| 151 | Effects of Different Resistance Training Systems on Muscular Strength and Hypertrophy in Resistance-Trained Older Women. Journal of Strength and Conditioning Research, 2018, 32, 545-553. | 1.0 | 22 |
| 152 | Eccentric Overload Training: A Viable Strategy to Enhance Muscle Hypertrophy?. Strength and Conditioning Journal, 2018, 40, 78-81. | 0.7 | 12 |
| 153 | The effects of resistance training volume on osteosarcopenic obesity in older women. Journal of Sports Sciences, 2018, 36, 1564-1571. | 1.0 | 49 |
| 154 | The impact of sarcopenic obesity on inflammation, lean body mass, and muscle strength in elderly women. International Journal of General Medicine, 2018, Volume 11, 443-449. | 0.8 | 20 |
| 155 | Is There a Postworkout Anabolic Window of Opportunity for Nutrient Consumption? Clearing up Controversies. Journal of Orthopaedic and Sports Physical Therapy, 2018, 48, 911-914. | 1.7 | 9 |
| 156 | Is the weekly sets volume training performed by trained subjects in accordance with training recommendations guidelines for muscle hypertrophy?. Motriz Revista De Educacao Fisica, 2018, 24, . | 0.3 | 1 |
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